ABSTRACT OF THE DISKLOSURE

A recording condition determining method is disclosed for realizing high quality recording at high speed while preventing the degradation of a light source. Specifically, a

5   determination is made as to whether an optimal recording power obtained through OPC or running OPC exceeds a predetermined threshold value, and if it is determined that the optimal recording power exceeds the threshold value, a choice is selected out of multiple choices including the choice of not

10 changing the optimal recording power based on a predetermined selection criterion. Then, a recording condition is established based on the selected choice. By setting the selection criterion so that the choice of not changing the optimal recording power is selected when damage to the light

15 source is expected to be minimal, recording may be performed without lowering the recording speed even when the optimal recording power exceeds the threshold value.